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<b>Notice of Allowability</b>	<b>Application No.</b>	<b>Applicant(s)</b>	
	10/685,342	DALEABOUT ET AL.	
	Examiner Victor K. Hwang	Art Unit 3764	

-- The MAILING DATE of this communication appears on the cover sheet with the correspondence address--

All claims being allowable, PROSECUTION ON THE MERITS IS (OR REMAINS) CLOSED in this application. If not included herewith (or previously mailed), a Notice of Allowance (PTOL-85) or other appropriate communication will be mailed in due course. **THIS NOTICE OF ALLOWABILITY IS NOT A GRANT OF PATENT RIGHTS.** This application is subject to withdrawal from issue at the initiative of the Office or upon petition by the applicant. See 37 CFR 1.313 and MPEP 1308.

1.  This communication is responsive to the amendment filed May 16, 2005.
2.  The allowed claim(s) is/are 1-24.
3.  The drawings filed on 5/16/05 & 10/13/03 are accepted by the Examiner.
4.  Acknowledgment is made of a claim for foreign priority under 35 U.S.C. § 119(a)-(d) or (f).
  - a)  All
  - b)  Some\*
  - c)  None
 of the:
  1.  Certified copies of the priority documents have been received.
  2.  Certified copies of the priority documents have been received in Application No. \_\_\_\_\_.
  3.  Copies of the certified copies of the priority documents have been received in this national stage application from the International Bureau (PCT Rule 17.2(a)).

\* Certified copies not received: \_\_\_\_\_.

Applicant has THREE MONTHS FROM THE "MAILING DATE" of this communication to file a reply complying with the requirements noted below. Failure to timely comply will result in ABANDONMENT of this application.

**THIS THREE-MONTH PERIOD IS NOT EXTENDABLE.**

5.  A SUBSTITUTE OATH OR DECLARATION must be submitted. Note the attached EXAMINER'S AMENDMENT or NOTICE OF INFORMAL PATENT APPLICATION (PTO-152) which gives reason(s) why the oath or declaration is deficient.
6.  CORRECTED DRAWINGS ( as "replacement sheets") must be submitted.
  - (a)  including changes required by the Notice of Draftsperson's Patent Drawing Review ( PTO-948) attached
    - 1)  hereto or 2)  to Paper No./Mail Date \_\_\_\_\_.
  - (b)  including changes required by the attached Examiner's Amendment / Comment or in the Office action of
 Paper No./Mail Date \_\_\_\_\_.

Identifying indicia such as the application number (see 37 CFR 1.84(c)) should be written on the drawings in the front (not the back) of each sheet. Replacement sheet(s) should be labeled as such in the header according to 37 CFR 1.121(d).
7.  DEPOSIT OF and/or INFORMATION about the deposit of BIOLOGICAL MATERIAL must be submitted. Note the attached Examiner's comment regarding REQUIREMENT FOR THE DEPOSIT OF BIOLOGICAL MATERIAL.

#### Attachment(s)

1.  Notice of References Cited (PTO-892)
2.  Notice of Draftperson's Patent Drawing Review (PTO-948)
3.  Information Disclosure Statements (PTO-1449 or PTO/SB/08),  
Paper No./Mail Date 02/07/2005
4.  Examiner's Comment Regarding Requirement for Deposit  
of Biological Material
5.  Notice of Informal Patent Application (PTO-152)
6.  Interview Summary (PTO-413),  
Paper No./Mail Date 20050728.
7.  Examiner's Amendment/Comment
8.  Examiner's Statement of Reasons for Allowance
9.  Other \_\_\_\_\_.

### **EXAMINER'S AMENDMENT**

1. An examiner's amendment to the record appears below. Should the changes and/or additions be unacceptable to applicant, an amendment may be filed as provided by 37 CFR 1.312. To ensure consideration of such an amendment, it MUST be submitted no later than the payment of the issue fee.

Authorization for this examiner's amendment was given in a telephone interview with Dave Dellenbach and Michael Ballard on July 28, 2005.

2. The application has been amended as follows:

#### **Listing of Claims:**

1. (Currently Amended) A weight lifting system configured to enable convenient coupling of weights to a handle, the weight lifting system comprising:

    a handle having first and second opposing ends, the opposing ends having a hollow interior;

    a plurality of weight plates, each weight plate having an aperture therethrough; and

    first and second locking mechanisms configured to selectively couple the weight plates to the respective opposing ends of the handle, at least one of the first and second locking mechanisms comprising: (i) a moveable member that selectively engages an interior surface of the handle, and (ii) a push rod selectively contacting different portions of the moveable member such that movement of the push rod selectively positions the

moveable member into a locked position, wherein a portion of the at least one of the first and second locking mechanisms is selectively inserted into an end of the handle.

2. (Currently Amended) A weight lifting system as recited in claim 1, wherein the moveable member comprises a cam follower that is configured to be selectively engaged with ~~an~~the interior surface of the handle.

3. (Currently Amended) A weight lifting system as recited in claim 1, wherein the moveable member has threads configured to threadedly engage ~~an~~the interior surface of the handle.

4. (Currently Amended) A weight lifting system as recited in claim 1, wherein each locking mechanism comprises (i) a sleeve, ~~said and~~ a moveable member, wherein said moveable member is rotatably coupled to the sleeve, and (ii) a push rod that slides within the sleeve and selectively contacts different portions of said moveable member so as to selectively move said moveable member into a locked position.

5. (Previously Amended) A weight lifting system as recited in claim 1, wherein the moveable member has a slanted body.

6. (Currently Amended) A weight lifting system as recited in claim 1, wherein the moveable member selectively moves between a locked position and an unlocked position within ~~an~~ the interior surface of the handle.

7. (Currently Amended) A weight lifting system as recited in claim 1, wherein the moveable member is selectively rotated through the use of a ~~the~~ push rod.

8. (Currently Amended) A weight lifting system as recited in claim 1, wherein the moveable member is selectively in threaded engagement with ~~an~~ the interior surface of the handle.

9. (Currently Amended) A weight lifting system configured for selective coupling of weight plates to a handle and for convenient disengagement of the weight plates from the handle, the weight lifting system comprising:

a handle having hollow interior surfaces on opposing ends thereof;

a plurality of weight plates, each weight plate having an aperture therethrough;

and

first and second opposing locking mechanisms each having a portion configured to extend through ~~the~~ at least one of said plurality of weight plates, wherein said portion is selectively inserted and into the interior ~~surface~~ of the handle, wherein at least one locking mechanism comprises: (i) a moveable member configured to selectively engage the interior surface of an end of the handle, (ii) a rod configured to selectively move

rotate the moveable member, and (iii) a biasing member configured to bias the rod with respect to the moveable member.

10. (Previously Amended) A weight lifting system as recited in claim 9, wherein the biasing member biases the rod into a locked position.

11. (Previously Amended) A weight lifting system as recited in claim 9, wherein the biasing member comprises a spring.

12. (Original) A weight lifting system as recited in claim 9, wherein the portion of each locking mechanism configured to extend through the weight plates and into the interior surface of the handle comprises an elongate portion.

13. (Previously Amended) A weight lifting system as recited in claim 9, wherein the moveable member is selectively locked or unlocked with respect to the handle.

14. (Currently Amended) A weight lifting system comprising:  
a handle;  
a plurality of weights; and  
first and second locking mechanisms that couple a respective weight to the handle, at least one of the locking mechanisms comprising: (i) a moveable threaded member that selectively engages an interior surface of the handle, and (ii) a rod

configured to selectively move the moveable threaded member with respect to the interior surface of the handle and with respect to the rod.

15. (Currently Amended) A weight lifting system are as recited in claim 14, wherein the moveable member comprises a cam follower.

16. (Currently Amended) A weight lifting system as recited in claim 14, wherein twisting the moveable member in one direction tightens the threads of the moveable member against internal threads of the handle and wherein twisting the moveable member in an opposing direction threads the locking mechanism out of the handle.

17. (Currently Amended) A weight lifting system comprising:  
a handle;  
a plurality of weights; and  
first and second locking mechanisms that couple a respective weight to opposing ends of the handle, the locking mechanisms each including: (i) a rotating member that selectively engages an interior surface of the handle, and (ii) a push rod selectively contacting different portions of the rotating member such that movement of the push rod selectively positions the moveable rotating member into a locked position, wherein a portion of each of the first and second locking mechanisms is selectively inserted into an end of the handle.

18. (Previously Amended) A weight lifting system as recited in claim 17, wherein each of said locking mechanisms further comprises: (i) a sleeve having a respective rotating member coupled thereto, and (ii) a push rod that slides within the sleeve and selectively contacts different portions of the rotating member so as to selectively move the rotating member into a locked position.

19. (Currently Amended) A weight lifting system as recited in claim 18, wherein the ~~cam follower~~ rotating member has threads thereon.

20. (Currently Amended) A weight lifting system as recited in claim 19, wherein the threads selectively engage ~~an~~ the interior surface of the handle.

21. (Currently Amended) A weight lifting system comprising:  
a handle;  
a plurality of weights; and  
first and second locking mechanisms that couple a respective weight to the handle, at least one of the locking mechanisms comprising a cam assembly that selectively engages an interior surface of the handle, wherein the at least one cam assembly comprises (i) a member that rotates from a non-engaged position to an engaged position; and (ii) a rod configured to move in a linear direction in order to cause the member to rotate from the non-engaged position to the engaged position, wherein a

portion of each of the first and second locking mechanisms is selectively inserted into an end of the handle.

22. (Currently Amended) A weight lifting system as recited in claim 21, wherein each cam assembly of the first and second locking mechanisms comprises (i) a member that rotates between an engaged position and a non- engaged position; and (ii) a rod configured to selectively move the member.

23. (Previously Amended) A weight lifting system as recited in claim 21, wherein each cam assembly comprises a rotatable cam follower and a push rod that selectively moves the cam follower.

24. (Original) A weight lifting system comprising:  
a handle having a grip configured to be grasped by a user;  
a plurality of weights, each of the weights having an aperture therethrough; and  
first and second locking mechanisms that couple a respective weight to an opposing end of the handle, each of the locking mechanisms including a cam assembly, the cam assembly comprising (i) a threaded moveable member that selectively engages an interior surface of the handle, and (ii) a push rod configured to selectively contact different portions of the moveable member, such that movement of the push rod selectively positions the moveable member into a locked position or an unlocked position.

3. The following is an examiner's statement of reasons for allowance: the prior art of record does not disclose a locking mechanism for a weight lifting system wherein a locking mechanism is insertable into an end of a handle and through selected weights further wherein the locking mechanism comprises a moveable member to engage the interior of the handle and the moveable member is moved by a moved by a rod, the moveable member being rotatable or threaded and the rod contacting different portions of the moveable member or moving the threaded moveable member with respect to the rod. This avoids the prior art of *Chen '093*, *Gogarty '994*, *Brice '716*, and *Bowman '704*.

Any comments considered necessary by applicant must be submitted no later than the payment of the issue fee and, to avoid processing delays, should preferably accompany the issue fee. Such submissions should be clearly labeled "Comments on Statement of Reasons for Allowance."

4. Any inquiry concerning this communication or earlier communications from the examiner should be directed to Victor K. Hwang whose telephone number is (571) 272-4976. The examiner can normally be reached Monday through Friday from 7:30 AM to 4:00 PM Eastern time.

The facsimile number for submitting papers directly to the examiner for informal correspondence is (571) 273-4976. The facsimile number for submitting all formal correspondence is (571) 273-8300.

If attempts to reach the examiner by telephone are unsuccessful, the examiner's supervisor, Gregory L. Huson can be reached on (571) 272-4887.

Information regarding the status of an application may be obtained from the Patent Application Information Retrieval (PAIR) system. Status information for published applications may be obtained from either Private PAIR or Public PAIR. Status information for unpublished applications is available through Private PAIR only. For more information about the PAIR system, see <http://pair-direct.uspto.gov>. Should you have questions on access to the Private PAIR system, contact the Electronic Business Center (EBC) at 866-217-9197 (toll-free).

  
Victor K. Hwang  
July 30, 2005

  
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